Jump In The Saddle



拍数: 52 墙数: 4 级数: Intermediate

编舞者: John Robinson (USA)

音乐: Play That Fast Thing (One More Time) - Jump 'N' The Saddle



SUGAR FOOTS: SLOW TOE-HEEL SWIVEL, FAST TOE-HEEL SWIVELS WITH KICK, RIGHT CROSS, LEFT BACK, & LEFT CROSSING TRIPLE

Touch right toe across left with heel turned out, touch right heel across left with toe turned out Touch right toe across left with heel turned out, touch right heel across left with toe turned

out, touch right toe across left with heel turned out, kick right with toe turned out right

5-6& Step right across left, step left back, step ball of right foot back

7&8 Step left across right, step ball of right foot slightly side right, step left across right

SUGAR FOOTS: SLOW TOE-HEEL SWIVEL, FAST TOE-HEEL SWIVELS WITH KICK, RIGHT CROSS, LEFT BACK, & LEFT CROSSING TRIPLE

Touch right toe across left with heel turned out, touch right heel across left with toe turned out 3&4&

Touch right toe across left with heel turned out, touch right heel across left with toe turned

out, touch right toe across left with heel turned out, kick right with toe turned out

5-6& Step right across left, step left back, step ball of right foot back

7&8 Step left across right, step ball of right foot slightly side right, step left across right

SLOW ¼ TURN LEFT, RIGHT LOCKING TRIPLE, LEFT ROCKING CHAIR TURNING ¼ LEFT, LEFT STEP DIAGONALLY LEFT, RIGHT SLIDE

1-2 Step right to side, turn ¼ left (weight to left, 9:00)

3&4 Step right forward, lock left behind right, step right forward

5&6& Rock ball of left foot forward, recover to right, step ball of left foot back, turn ¼ left and step

right to side (12:00)

7-8 Large step left forward diagonally left (to 4:30), slide right next to left keeping weight on left

Square up to 6:00

RIGHT ROCKING CHAIR & RIGHT BRUSH-BALL-TOUCH, LEFT FORWARD ROCK-RIGHT TAP-STEP, LEFT TRIPLE TURNING ¾ LEFT

1&2& Rock ball of right foot forward, recover to left, rock ball of right foot back, recover to left

3&4 Brush ball of right foot forward, step right slightly forward, touch left next to right

5&6 Rock ball of left foot forward, touch right behind left, step right back

7&8 Turn ½ left and step left forward (12:00), step right together, turn ¼ left and step left forward

(9:00)

"V" STEP, RIGHT TOUCH OUT-IN, TURN 1/2 RIGHT KICK TOGETHER, LEFT SIDE MAMBO

1-2 Step right forward and slightly side, step left forward and slightly side

3-4 Step right back and in to center, step left next to right

5&6& Touch right to side, touch right next to left, turn ¼ right and kick right forward, step right next

to left (12:00)

7&8 Rock ball of left foot to side, recover to right, step left next to right

RIGHT TOUCH OUT-IN, TURN 1/4 RIGHT KICK TOGETHER, LEFT SIDE MAMBO, RIGHT STEP FORWARD, LEFT KICK, SYNCOPATED JUMP BACK, START HEEL TURN 1/2 RIGHT

1&2& Touch right to side, touch right next to left, turn ¼ right and kick right forward, step right next

to left (3:00)

Rock ball of left foot to side, recover to right, step left next to right

5-6 Step right diagonally forward (to 4:30), kick left forward

Maintaining diagonal

&7-8 Jump left back, jump right back next to left

Raise toes off floor and start turning half right on heels

FINISH HEEL TURN ½ RIGHT, HOLD

1-2 Turn ½ right (to 10:30) ending with weight on left

3-4 Hold position for 2 counts

Or wiggle, or do shoulder shrugs. Square up to 9:00 to start again

REPEAT

RESTART

Restart after count 40 on wall 2 Restart after count 32 on walls 4 & 7 Restart after count 36 on wall 5

ENDING

Dance counts 1-8, then do a slow 1/4 turn to the front